

Excessive Heat is a Risk You Can't Ignore

From the dock doors to the factory floor, rising temperatures threaten worker safety, productivity, and compliance. Ignoring the risks can cost you in downtime, injuries, and liability.

APEX SERIES



Over 33,000 workers missed days due to heat-related illness between 2011–2020.” – OSHA

Heat Awareness Drives Action

- Take time to **acclimate** to high-heat environments.
- Be **aware** of temperatures > 90 °F
- Choose weather-smart **attire**
- **Schedule** rest breaks
- Know the **symptoms**
- Stay **hydrated**

Signs and Symptoms of Heat Illness

Recognize it before it becomes an emergency.

Heat Cramps. Muscle spasms, dizziness, lightheadedness

Heat Exhaustion. Heavy sweating, fatigue, nausea, rapid pulse

Heat Stroke. Confusion, hot dry skin, collapse

The Real Impact of Heat

When it's hot, productivity drops.

When temperatures rise, focus and precision fall. Workers tire faster, make more mistakes, and face higher risk of accidents—all of which slow output, drive up costs, and erode morale across your operation.

EFFECTIVE TEMPERATURE	LOSS IN OUTPUT	LOSS IN ACCURACY
75°F	3%	Negligible
80°F	8%	5%
85°F	18%	40%
90°F	29%	300%
95°F	45%	700%
100°F	62%	>>
105°F	79%	->>

Study for NASA. *Comfort Conditioning the Plant with Evaporative Cooling.* Plant Engineering pg.76 Joseph Marg and "Evaporative Air Conditioning Handbook." John Walt, PE and Will Brown PE 3rd edition pg 201.

Know the Numbers. Protect Your Team.

HEAT INDEX ZONES

80–89°F
HEAT INDEX

Fatigue, errors,
cramps

90–94°F
HEAT INDEX

Heat exhaustion
risk rises

95+°F
HEAT INDEX

Heat stroke
danger zone

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AIR TEMP	RELATIVE HUMIDITY	HEAT INDEX	NWS DANGER LEVEL
80°F	40%	80°F	Caution
86°F	50%	94°F	Caution
90°F	60%	100°F	Extreme caution
96°F	60%	110°F	Danger
100°F	55%	124°F	Extreme danger
105°F	50%	133°F	Extreme danger
110°F	40%	131°F	Extreme danger

NWS Heat Index Level Definitions

- CAUTION (80–90°F)**
Fatigue possible with prolonged exposure or physical activity.
- EXTREME CAUTION (91–104°F)**
Sunstroke, heat cramps, and heat exhaustion possible.
- DANGER (105–129°F)**
Sunstroke, heat cramps or heat exhaustion likely; heat stroke possible.
- EXTREME DANGER (130°F OR HIGHER)**
Heat stroke/sunstroke highly likely with continued exposure.

Every 1 °C increase in workplace heat exposure increases injury risk by 0.5%. – NIH study



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